

Banana-Rama Breakfast

Makes: 8 or 32 servings

8 Servings

32 Servings

Ingredients	Weight	Measure	Weight	Measure
English muffins, whole grain		4		16
Cottage cheese, low-fat		2 cups		8 cups
Bananas, sliced		6 medium		24 medium
Cinnamon		2 tsp		8 tsp

Directions

1. Toast English muffins lightly in oven broiler.
2. Spoon 2 tablespoons of cottage cheese onto each muffin half.
3. Arrange banana slices on top of cheese and sprinkle with cinnamon.
4. Heat in or under broiler until banana and cheese are warm.

Notes

Serving Tips:

If kids don't like cottage cheese, use yogurt instead. You can also try this with strawberries or apples!

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	187	
Total Fat	2 g	
Protein	11 g	
Carbohydrates	35 g	
Dietary Fiber	5 g	
Saturated Fat	1 g	
Sodium	316 mg	